

DOWNSTAIRS GUY A little help from a stranger...

Over the years, I've read a lot. Like, really, seriously, a lot. And I've watched many, many documentaries, too. And in that time, I've built a considerable knowledge base—at least, I've tried to. I saw the concern on your face & I could feel your distress. So, I thought maybe I could help you.

We discussed your health issues regarding diabetes & I mentioned the documentary, "Forks over Knives." I've also found some additional docos that may be helpful to you. I hope the info below provides genuine encouragement & a plan of action for you. As you'll see by these docos, diabetes is neither incurable nor a disease that anyone needs to tolerate. And the adherent medication will become unnecessary. You'll see. You will get better. You can get better. I know you will.

By: A Critical Thinker

Friday, April, 6th 2018.

(NOTE: For the Downstairs guy—I've reassembled different informational documents into this one. The info above was designed for a woman who has diabetes. But take whatever info suits you. Good luck, my brother. Health is possible for all. As is knowledge.)

^ Forks over Knives: The Plant-Based Way to Health

(NOTE: It's a Book and it can be found @ the Library)

<http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDM2771131&R=2771131>

Contributors: [Popper, Pamela.](#); [Stone, Gene.](#)

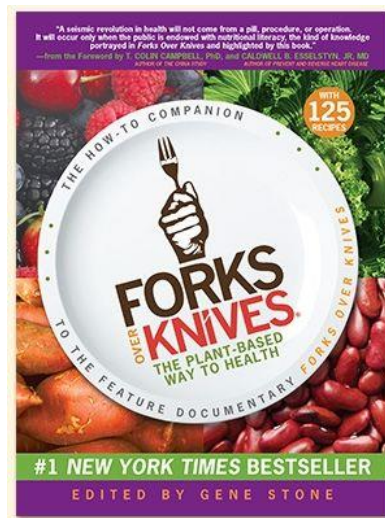
Year: 2011, Book, ix, 214 p.: **Copies:** 13

Subjects: [Vegan cooking.](#) [Veganism.](#)

Summary: *The #1 New York Times bestseller answers: What if one simple change could save you from heart disease, diabetes, and cancer?*

For decades, that question has fascinated a small circle of impassioned doctors and researchers--and now, their life-changing research is making headlines in the hit documentary Forks Over Knives. Their answer? Eat a whole-foods, plant-based diet--it could save your life.

It may overturn most of the diet advice you've heard--but the experts behind Forks Over Knives aren't afraid to make waves. In his book Prevent and Reverse Heart Disease, Dr. Caldwell Esselstyn explained that eating meat, dairy, and oils injures the lining of our



blood vessels, causing heart disease, heart attack, or stroke. In The China Study, Dr. Colin Campbell revealed how cancer and other diseases skyrocket when eating meat and dairy is the norm--and plummet when a traditional plant-based diet persists. And more and more experts are adding their voices to the cause: There is nothing else you can do for your health that can match the benefits of a plant-based diet.

^ The China Study PDF (425 pages, 5.8 MB)

www.socakajak-klub.si/mma/The+China+Study.pdf/20111116065942/

Table of Contents: Foreword T. Colin Campbell and Caldwell B. Esselstyn p. vii

Part 1: The Plant-Based World of Forks Over Knives p. 1

Good for Your Health p. 3 The Faces of Forks Over Knives: Pam Popper p. 8

The Faces of Forks over Knives: Terry Mason, MD p. 12

The Amazing Results: Anthony and Evelyn p. 14

The Faces of Forks over Knives: Caldwell B. Esselstyn p. 18

The Faces of Forks over Knives: T. Colin Campbell p. 20

The Amazing Results: San'Dera p. 24

The Faces of Forks over Knives: Alona Pulde, MD, & Matthew Lederman, MD p. 28

Good for Animals p. 30 The Faces of Forks Over Knives: Gene Baur p. 32

Good for the Environment p. 36 **Part 2:** Eating the Forks over Knives Way p. 41

Reading Nutrition Labels p. 43 Your Guide to Plant-Based Foods p. 49

The Faces of Forks over Knives: John A. McDougall, MD p. 52

The Faces of Forks over Knives: Neal Barnard, MD p. 54 Tips for Transitioning p. 56

Kitchen Tools p. 58 **Part 3:** Forks over Knives Recipes p. 61 Breakfast p. 63

Smoothies and Nondairy Milks p. 67 Appetizers p. 71 The Amazing Results: Joey p. 72

Soups p. 85 The Faces of Forks Over Knives: Doug Lisle, MD p. 86

Salads and Dressings p. 105 Sauces and Easy Snack Ideas p. 123 Main Dishes p. 125

The Faces of Forks over Knives: Rip Esselstyn p. 128 Side Dishes p. 155 Desserts p. 179

Conversion Charts p. 197 **Branches:** Albert Campbell Barbara Frum Beaches
Brookbanks Downsview Guildwood Hillcrest Leaside Locke Long Branch St.
Lawrence Toronto Reference Library Wychwood **Call #:** 641.5636 FOR

^ Forks over Knives

(NOTE: It's a DVD and it can be found @ the Library)

<http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDM2810472&R=2810472>

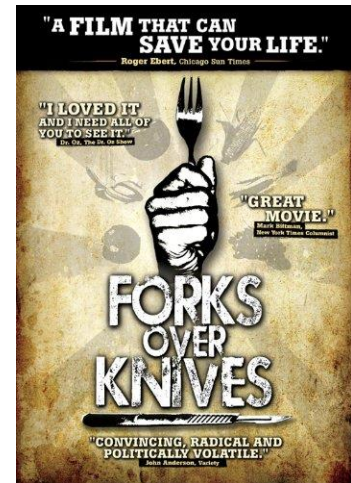
Performers/Contributors: [Fulkerson, Lee](#)

Year: 2011, DVD, 1 videodisc (96 min.): **Copies:** 10

Subjects: [Fruit in human nutrition.](#) [Nutritionally induced diseases.](#) [Vegetables in human nutrition.](#)

Summary/Review: *This documentary "examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting animal-based and processed foods"*--**Container.**

Branches: Bloor/Gladstone Danforth/Coxwell Dawes Road Jane/Dundas Lillian H. Smith Parliament Street Runnymede S. Walter Stewart Toronto Reference Library York Woods **Call #:** 616.39 FOR



^ Raw For Life

(NOTE: It's a DVD and it can be found @ the Library)

<http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDM2770557&R=2770557>

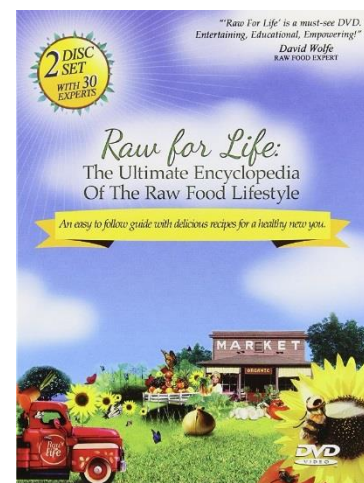
Performers/Contributors: [Harrelson, Woody](#); [Spurlock, Morgan, 1970-](#); **Year:** 2007, 2 DVD **Copies:** 8

Subjects: [Raw food diet.](#) [Raw foods--Therapeutic use.](#)

Summary/Review: *"Raw for Life" is an A-to-Z encyclopedia of Raw Food, perfect for beginners and Raw Food enthusiasts. This two-disc DVD inspires people with the Raw Food philosophy, the wisdom of eating a raw food diet, important medical facts and nutritional information.*--**Website.**

Branches: Albert Campbell Barbara Frum Beaches Bloor/Gladstone Fairview High Park Richview Toronto Reference Library

Call #: 613.26 RAW DISC 1-2



^ Simply Raw: Reversing Diabetes in 30 Days

(NOTE: It's a DVD and it can be found @ the Library)

<http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDM2412324&R=2412324>

Performers/Contributors: [Cousens, Gabriel, 1943-](#);

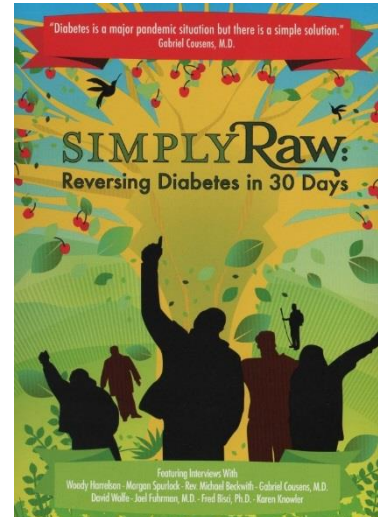
[Harrelson, Woody](#); [Spurlock, Morgan, 1970-](#);

Year: 2008, DVD, 1 videodisc: **Copies:** 10 **Subjects:**

[Diabetes--Diet therapy.](#) [Raw food diet.](#) [Raw foods--](#)

[Therapeutic use.](#) **Summary/Review:** "Simply Raw:

Reversing Diabetes in 30 days chronicles six Americans with diabetes who switch to a diet consisting entirely of vegan, organic, live, raw foods in order to reverse diabetes naturally. The participants are challenged to give up meat, dairy, sugar, alcohol, nicotine, caffeine, soda, junk food, fast food, processed food, packaged food, and even cooked food--as well as go without their loved ones and many of their creature comforts--for 30 days. The results are amazing."--**Container.**



Branches: Albert Campbell Bridlewood Don Mills Maria A. Shchuka Northern District Pape/Danforth Parkdale Richview Runnymede Woodside Square
Call #: 616.46206 SIM

^ Simply Raw Reversing Diabetes in 30 Days (YouTube)

1:29:59 <https://www.youtube.com/watch?v=2pjkC71exKU>

From: [WorldTruthSociety](#) **Views:** 770,073 views **Published:** Apr 30, 2013

I dedicate this to my Uncle Paul who died from diabetes two years ago on Easter day. Dr. Cousins is the MD in this film, I bought his book it's a 21 day step program with the same recipes here. But anyone can message me for them. **691 Comments**

^ Raw Food for Life (Website)

<http://www.rawfoodforlife.org/>

[Home](#) [Recipes](#) [Tips for getting started](#) [Resources](#) [On the Farm](#) [About Us](#) [Shop](#)
[Blog](#) [Contact Us](#)

Welcome...

We are so delighted to be here sharing with you in this way! Our inspiration for "Raw Food for Life" arose from a new conscious awareness about our health, and the wellbeing of all life on our planet.

Eating living plant foods reconnects us to the Earth's vital life force. We hope to inspire you to heal, and experience optimum health within your life with our free raw recipes, tips and information... as together we journey towards a simple and nutritious approach to putting the life back into life!



Many of the recipes are our own but some are others that we have found and tried that are worthy of sharing and giving credit to the chef that created them. Please let us know if you have a recipe that you would like us to share.

Please feel free to contact us if you have any questions... we ask that you bare with us if we don't get back to you straight away as we do this in our spare time. We created this website as an opportunity to share and offer support to those of you that are seeking the health, happiness and harmony that this profoundly rewarding lifestyle offers.

~ Natalie & Stuart

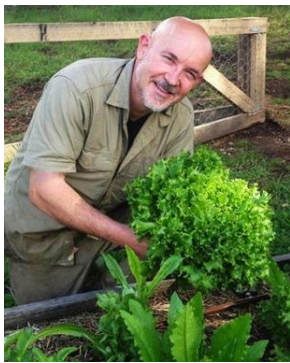
PLEASE NOTE - What we share comes from our own healing experiences and the knowledge that we have accumulated through the study of raw food and our Certification in Plant Based Nutrition. As we don't have any qualification in conventional medicine, the information that we share does not take the place of diagnosis, treatment or advice given to you by your medical practitioner.

^ SERVING LOVE - Official Trailer (YouTube)

5:30 <https://www.youtube.com/watch?v=SgNn168duVU>

From: Raw Food for Life **Views:** 7,128 views **Published:** Jul 11, 2016

SERVING LOVE is an upcoming Documentary due to be released in September 2016...This 2 disc set has almost 4 hours of value with everything you need to get started on your journey to wellness, including recipes and organic gardening. Featuring Interviews with Dr. Michael Klaper, Dr. Malcolm Mackay, Philip Wollen OAM, Veteran Raw Runners Janette Murray-Wakelin and Alan Murray.



"Today food is consumed more for pleasure than nutrition but what if we can learn how to satisfy our pleasure receptors with nutrient dense raw plant foods? The good news is that we absolutely can! We will show you how to easily replace even the strongest food addictions such as cheese and bread, with delicious raw vegan alternatives.

It's time to begin a new loving and healthy relationship with food by saying yes to nature's garden to re-establish this natural synergy that promotes health over illness.

Serving Love shares the stories of people who have experienced the profound health benefits of following a high raw plant based lifestyle, including overcoming illness and depression through nourishing their bodies at a cellular level and reawakening the vital life force within."

BUY: http://www.rawfoodforlife.org/store/c1/Featured_Products.html

RENT: <http://rawfoodforlife.vhx.tv>

This 2 disc set has almost 4 hours of value with everything you need to get started on your journey to wellness, including recipes and organic gardening.

Today food is consumed more for pleasure than nutrition but what if we can learn how to satisfy our pleasure receptors with nutrient dense raw plant foods? The good news is that we absolutely can! We will show you how to easily replace even the strongest food

addictions such as cheese and bread, with delicious raw vegan alternatives.

It's time to begin a new loving and healthy relationship with food by saying yes to nature's garden to re-establish this natural synergy that promotes health over illness.

Serving Love shares the stories of people who have experienced the profound health benefits of following a high raw plant based lifestyle, including overcoming cancer, illness and depression.

Featuring Interviews with Dr. Michael Klaper, Dr. Malcolm Mackay, Philip Wollen OAM, Veteran Raw Runners Janette Murray-Wakelin and Alan Murray.

We love Enzymes!

Enzymes are substances which make life possible. They are needed for every chemical reaction that occurs in our body. Without enzymes, no activity at all would take place. Neither vitamins, minerals, or hormones can do any work -- without enzymes.

Think of it this way: Enzymes are the "labor force" that builds your body just like construction workers are the labor force that build your house. You may have all the necessary building materials and lumber, but to build a house you need workers, which represent the vital life element.



Similarly, you may have all the nutrients -- vitamins, proteins, minerals, etc., for your body, but you still need the enzymes -- the life element -- to keep the body alive and well. Cooking your food kills these vitally essential enzymes.

[Follow us on Instagram](#)

^ Island Girl Kitchens (By Taymer Mason) (Website)

647-997-9528 islandgirlkitchens@gmail.com www.islandgirlkitchens.com

https://www.facebook.com/taymermason/?ref=py_c

NOTE: She's based here in Toronto.



^ Raw Food Toronto (Website)

<https://www.meetup.com/raw-food-living-food-toronto/>

(NOTE: For more info, please visit the URL or web address above.)

Toronto Raw Food is for people who share an enthusiasm for Raw Food / Living Food to get together and share ideas.

We welcome people who are just experimenting with raw food! Please come to a potluck and sample our tasty dishes!

We host raw food potlucks jointly with Raw Food groups on Meetup, Yahoo, Facebook and supported by TVA (Toronto Vegetarian Association).

Raw Food / Living Food means it has not been heated over 47C so that the enzymes within the food are still alive, and the protein structure has not been changed. We believe the enzymes are required to digest the food properly and are just as essential as vitamins for a healthy diet. See the About page for more info on Raw Food / Living Food <http://rawfood.meetup.com/191/about/>

^ Raw Food Toronto Pages (Website)

<https://www.meetup.com/raw-food-living-food-toronto/about/>

(NOTE: Lots of info on this relatively short page.)

^ This is an article on how to transition to raw food for those of you addicted to the cooked stuff!

<http://www.emaxhealth.com/74/983.html>

^ How to Begin Food Combining (Website)

By [Armen Hareyan](#) Dec 4 2004 - 11:59am

<https://www.emaxhealth.com/74/983.html>

(NOTE: This is the first paragraph from this article. To read the rest, please go to the web address above.)

When you first go on raw food, you go through several stages. First you go into Stage I. If you have degenerative diseases like cancer, you have to do combining from the very beginning. But the average person who just wants to improve their health, does not have to do any combining. When you reach Stage II, which usually takes about a year, your body will tell you what foods to eat. In my classes I teach you how to listen to your body and how to figure out what you need. Do you need endive or arugula or other greens? When you restore the hydrochloric acid in your stomach, then you can digest the fibre without blending it.

^ [Know Thy Food](#) (Website)

<http://veg.ca/directory/388/2618/Know-Thy-Food>

75 Hamilton St, Toronto ***(NOTE: Dundas & Broadview area)*** [416-993-4531](tel:416-993-4531)

www.veggiecookingclasses.com



^ Fat, Sick, & Nearly Dead

(NOTE: It's a DVD and it can be found @ the Library)

<http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDM2849304&R=2849304>

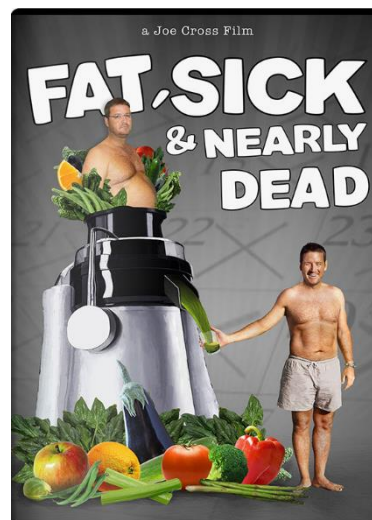
Performers/Contributors: [Cross, Joe](#)

Year: 2011, DVD, 1 disc (97 min.): **Copies:** 5

Subjects: [Cross, Joe--Travel--United States.](#) [Fruit juices--Health aspects.](#) [Overweight persons--Australia--Biography.](#) [Overweight persons--United States--Biography.](#) [Reducing diets.](#) [Staples, Phil--Health.](#) [United States--Description and travel.](#) [Vegetable juices--Health aspects.](#)

Summary/Review: *Filmmaker Joe Cross, recently obese and unhealthy, travels the United States promoting to all he encounters a lifestyle "reboot" centered around consuming only fruit and vegetable juices. Along the way he meets Phil Staples, a morbidly obese man to whom Cross offers his reboot cure. --Container.*

Branches: Downsview Northern District Richview Toronto Reference Library
Weston **Call #:** 616.398 FAT



^ Fat, Sick & Nearly Dead. 2

(NOTE: It's a DVD and it can be found @ the Library)

<http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDM3318427&R=3318427>

Performers/Contributors: [Badberg, Amy](#); [Cross, Joe](#); [Engfehr, Kurt](#); [Fuhrman, Joel](#) **Year:** 2015, DVD, 90 min.

Subjects: [Fruit juices--Health aspects.](#) **Copies:** 3

Summary/Review: *The second documentary reconnects Joe with his followers from the first film to catch viewers up on how the impact of juicing has changed their lives. With help from friends, family and the medical community, he not only shows viewers where he is now, but also continues to educate viewers about the critical role that family and community support play in maintaining this healthy lifestyle. --Container.*

Branches: Fort York Richview Riverdale **Call #:** 616.398 FAT



^ The Kids Menu

(NOTE: It's a DVD and it can be found @ the Library)

<http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDM3497918&R=3497918>

Performers/Contributors: [Cross, Joe](#); [Engfehr, Kurt](#); [Wing, Jonathan](#) (Motion picture editor)

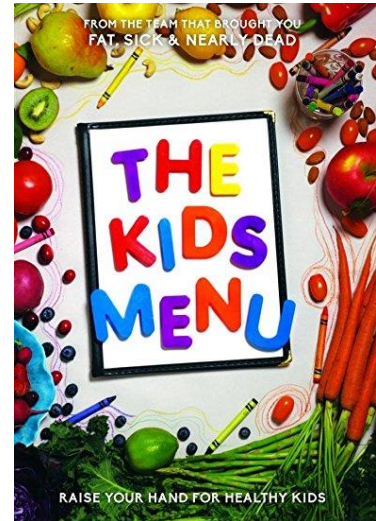
Subjects: [Children--Nutrition.](#) [Obesity in children.](#)
[Overweight children.](#)

Year: 2016, DVD, 1 disc (88 min.): **Copies:** 10

Summary/Review: *"The Kids Menu' is a feature documentary from the team that brought you 'Fat, Sick & Nearly Dead.' As filmmaker Joe Cross spent time traveling the world with his previous two films, he met thousands of people and one issue that came up again and again was what to do about the growing childhood obesity problem. In 'The Kids Menu,' Joe meets with experts, parents, teachers and kids, coming to the realization that childhood obesity isn't the real issue, but rather a symptom of a bigger problem: the lack of knowledge of what healthy foods are; lack of access to healthy and affordable options; and the influence of negative role models. All of this together seems to be a lot to overcome, but when empowered, kids often make the surprising choice of the healthier path. In this inspiring and hopeful documentary, we see amazing programs in action, inspiring individuals paving the way for change, but most of all--kids taking the lead in getting healthier options on their own menu"--Container.*

Branches: Albion Humber Bay Maria A. Shchuka Riverdale St. Clair/Silverthorn St. James Town Taylor Memorial Toronto Reference Library York Woods Yorkville

Call #: 618.92398 KID



^ Eating

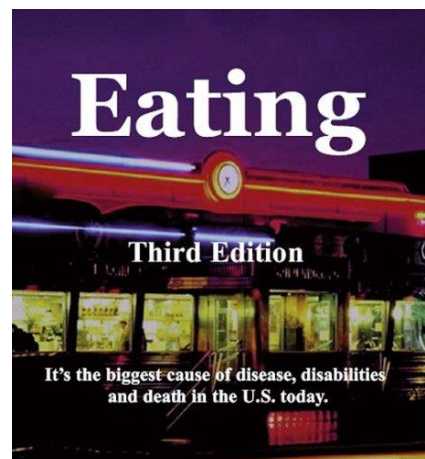
(NOTE: It's a DVD and it can be found @ the Library)

<http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDM2960979&R=2960979>

Performers/Contributors: [Anderson, Michael](#)

Year: 2008, DVD, 1 disc (88 min.): **Copies:** 7

Summary/Review: *Explains why the U.S. government guidelines for nutrition are anything but healthy. Links the eating of an animal-based diet with heart disease, cancer, diabetes and other serious health problems. Introduces the RAVE diet, which consists of no refined foods, no animal foods, no vegetable oils, no exceptions & plenty of exercise. Also discusses the devastating effects on the environment of a meat-eating nation. -- Container.*



Branches: Agincourt Armour Heights Beaches Guildwood Northern District St. Lawrence York Woods **Call #:** 372.373 EAT

^ Hungry for Change

(NOTE: It's a DVD and it can be found @ the Library)

<http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDM2941668&R=2941668>

Performers/Contributors: [Bolton, Nick;](#)

Year: 2012, DVD, 2 discs (89 min.): **Copies:** 7

Summary/Review: *From the creators of the best-selling documentary Food Matters comes another hard-hitting film certain to change everything you thought you know about food and nutrition. It exposes shocking secrets the diet, weight loss and food industries don't want you to know about deceptive strategies designed to keep you coming back for more. Find out what's keeping you from having the body and health you deserve and how to escape the diet trap forever.*



Branches: Beaches Dawes Road Lillian H. Smith Richview Runnymede Toronto Reference Library Woodside Square **Call #:** 613.2 HUN DISC 1-2

^ Unsupersize Me

(NOTE: It's a DVD and it can be found @ the Library)

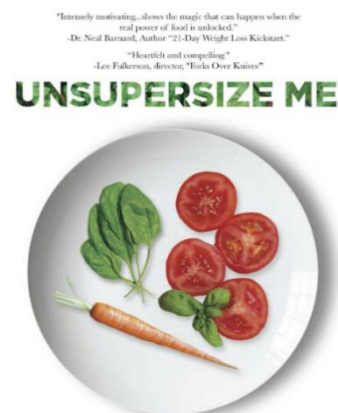
<http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDM3188697&R=3188697>

Performers/Contributors: [Asse, Juan-Carlos](#)

Subjects: [Asse, Juan-Carlos.](#) [Exercise.](#) [Reducing diets.](#)
[Weight loss--Case studies.](#)

Year: 2013, DVD, 1 disc (96 min.): **Copies:** 9

Summary/Review: *"Documents the inspiring story of Juan-Carlos Asse, owner of Zen Fitness, and his quest to prove that a whole foods, plant-based diet coupled with intensive exercise can remarkably and rapidly improve the health of any individual. Asse teams up with Tracy Ryan, who has struggled with obesity throughout her life, and guides her from poor health to a new life. Watch as Asse helps Ryan lose 200 pounds in a single year, transforming her from a 345 lb. inactive woman to a healthy marathon runner living and loving life to its fullest!" --On container.*



Branches: Black Creek Deer Park Eatonville Fort York Northern Elms Sanderson St. James Town Toronto Reference Library Woodside Square **Call #:** 613.25 UNS

^ Diet Confidential

(NOTE: It's a DVD and it can be found @ the Library)

<http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDM2406854&R=2406854>

Performers/Contributors: [Demianchuk, Olenka](#);
[Morrison, F. M](#); [Ricossa, Maria](#)

Year: 2007, DVD, 1 disc (45 min.): **Copies:** 2

Subjects: [Reducing diets--Marketing.](#) [Weight loss preparations industry.](#) [Weight loss--Marketing.](#)

No summary currently available.



Branches: Mimico Centennial Toronto Reference Library **Call #:** 613.25 DIE

^ Diet Confidential CBC Documentary Special.

(NOTE: It's the same doco as above but with the added CBC Documentary Special as part of its title. And I found the same title & included those branch locations here.)

<http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDM193183&R=193183>

Branches: Brentwood Maryvale Toronto Reference Library **Call #:** 613.25 DIE

^ Diet Confidential (Hd) (Website)

http://www.cbc.ca/programguide/program/diet_confidential_hd

Want to know more? Visit: <http://www.cbc.ca/documentaries/confidential/diet.html>

Atkins. South Beach. The Sonoma Diet. The Coconut Diet. Every day a new diet is born and confused consumers struggle through conflicting messages to choose the right path to weight loss. In the battle between the marketing pressures to eat more versus the social pressure to weigh less, only the marketers are the real winners. CBC Television offers an insider take on diets and modern marketing culture with DIET CONFIDENTIAL.

What's the recipe for the successful modern diet? Take a piece of expensive real estate for the title (South Beach, Sonoma, Beverly Hills), add a pinch of celebrity endorsement, stir in a media-friendly diet guru and the diet is set to be a hit, spawning book and food company spin-offs. DIET CONFIDENTIAL explores today's world of serial dieting.

Although dieting has pre-occupied North Americans for more than a century, diets have recently become powerful mass-market brands. And food companies try to keep up with, and cash in on, the latest, hottest diet.

One might think diets are about science but they're mostly about marketing. After Dr. Atkins' Diet Revolution reached extraordinary heights of popularity around the world, it raised the stakes for every would-be diet guru. Now a new breed of successor is trying to achieve diet and financial glory with more books, more eating plans and more promises. DIET CONFIDENTIAL is a compelling and entertaining look behind the scenes at the battle for our bodies and our wallets. Branches: Bayview Centennial Evelyn Gregory Highland Creek Mimico Centennial Parkdale Toronto Reference Library
Call #: 613.25 DAS

^ Super-Size Me: A Film of Epic Proportions

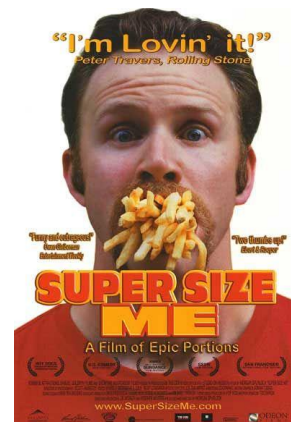
(NOTE: It's a DVD and it can be found @ the Library)

<http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDM274484&R=274484>

Year: 2004, DVD, 1 disc (100 min.): **Copies:** 13

Subjects: [Convenience foods.](#) [Fast foods.](#) [McDonald's Corp.](#)

Summary/Review: *Filmmaker Morgan Spurlock embarks on a journey to find out if fast food is making Americans fat. For 30 days he can't eat or drink anything that isn't on McDonald's menu; he must eat three square meals a day, he must eat everything on the menu at least once and supersize his meal if asked. He treks across the country interviewing a host of experts on fast food and a number of regular folk while downing McDonald's to try and find out why 37% of American are now overweight. Spurlock's grueling diet spirals him into a metamorphosis that will make you think twice about picking up another Big Mac.*



Branches: Brookbanks Burrows Hall Deer Park Gerrard/Ashdale High Park Jones Lillian H. Smith McGregor Park Oakwood Village Library and Arts Centre Pape/Danforth St. James Town Swansea Memorial Toronto Reference Library

Call #: 647.9573 SUP

^ Fat What No One Is Telling You

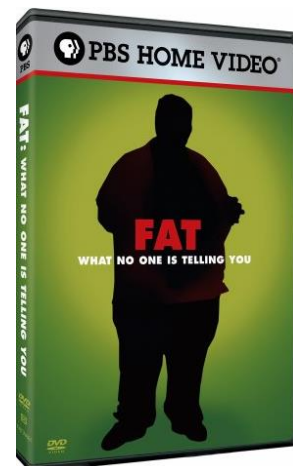
(NOTE: It's a DVD and it can be found @ the Library)

<http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDM2415613&R=2415613>

Performers/Contributors: [Vieira, Meredith](#)

Year: 2007, DVD, 1 disc (ca. 90 min.): **Copies:** 8

Summary/Review: *This documentary explains our psychological responses to food, shares new scientific knowledge about hunger, eating, and human metabolic operation. Shows how external pressures such as oversized restaurant portions and the unending barrage of food advertisements make fighting fat so difficult. Also features real Americans telling their stories about the biological barriers, cultural habits, and economic realities contributing to their struggle to get fit.* **Branches:** Albion Eatonville Eglinton Square Flemingdon Park Maria A. Shchuka Northern District Pape/Danforth York Woods **Call #:** 616.398 FAT



^ The Engine 2 Kitchen Rescue

(It's a DVD & it can be found @ the Library.)

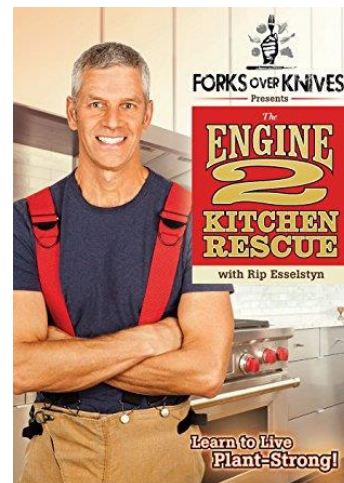
<http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDM2844318&R=2844318>

Performers/Contributors: [Esselstyn, Rip](#)

Year: 2012, DVD, 1 videodisc (52 min.): **Copies:** 7

Subjects: [Chronic diseases--Diet therapy.](#)

Summary/Review: *Join Rip Esselstyn, former Texas firefighter and author of the national bestselling Engine 2 Diet, as he guides the White and Wali families through an Engine 2 Kitchen Rescue. Watch Rip teach the families how to take control of their health through: undertaking a top-to-bottom pantry clean-out, showing them how to navigate the grocery store aisles to not get burned by misleading nutritional labels, and cooking lessons to make family favorite dishes tantalizingly plant-strong.*



Branches: Barbara Frum Beaches College/Shaw Don Mills Eatonville Fairview
Parkdale **Call #:** 613.262 ENG

^ My Beef with Meat: The Healthiest Argument for Eating a Plant-Strong Diet Plus 140 New Engine 2 Recipes

(NOTE: It's a BOOK & it can be found @ the Library. For further info, please visit the URL above)

<http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDM2968611&R=2968611>

By: [Esselstyn, Rip.](#) **Year:** 2013, Book, Pages: 288 **Copies:** 17

Subjects: [Fire fighters--Texas--Austin.](#) [Health.](#) [Nutrition.](#) [Vegetarianism.](#)

Summary/Review: *"For the millions who are following a plant-based diet, as well as those meat-eaters who are considering it, MY BEEF WITH MEAT is the definitive guide to convincing all that it's truly the best way to eat! New York Times Bestselling author of *The Engine 2 Diet* and nutrition lecturer Rip Esselstyn, is back and ready to arm readers with the knowledge they need to win any argument with those who doubt the health benefits of a plant-based diet--and convince curious carnivores to change their diets once and for all. Esselstyn reveals information on the foods that most people believe are healthy, yet that scientific research shows are not. -*

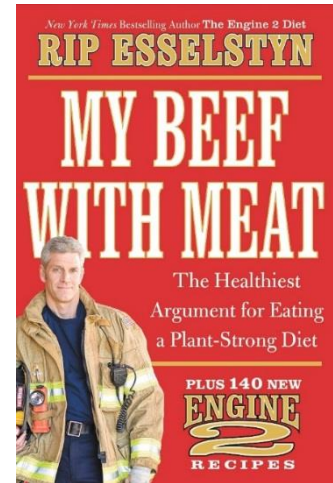


Table of Contents

Introduction p. 1

Part I The Facts

1 Animal Protein Is Dead Wrong p. 7 2 Plants Are Plentiful in Protein p. 12

3 Plant-Based Proteins Are Completely Complete p. 16

4 Vitamin B12: Not a Problem! p. 19

5 Plants Are Iron-Strong p. 21 6 Plants Are Bone-Strong p. 25

7 Humans Are Herbivores p. 30 8 The Many Myths of Meat p. 34

9 Grass-Fed Meat Is No Better Than Grain-Fed p. 38

10 Craving Meat Isn't Natural p. 40 11 The Problem with Paleo p. 43

12 Eating Plants Is Easy p. 46 13 Eating Plants Is Thrifty p. 51
14 The World Is a Plant-Based Cornucopia p. 55 15 The Mediterranean Myth p. 59
16 Real Men and Real Women Eat Plants p. 64
17 Plant-Strong: The Athlete's X-Factor p. 66
18 Lose the Moderation Mentality p. 72 19 Plants Are Eco-Friendly p. 77
20 Avoid Contamination. Eat Plants. p. 81 21 Chocolate! You Bet! p. 84
22 Plants Perk Up Your Pecker p. 86 23 Veggies Give Verve to Your Vulva p. 89
24 It's Never Too Late to Start a Plant-Based Diet p. 92
25 It's Never Too Early to Start a Plant-Based Diet p. 95
26 Take Plants, Not Supplements p. 101
27 Barbecue + Meat = Danger p. 104 28 Oil Is the New Snake Oil p. 107
29 There's Something Fishy About Fish Oil p. 112
30 Poops from Heaven p. 115 31 Carbs Are King! p. 119
32 Don't Believe Everything You Read About Soy p. 123
33 Eating "Aminals" Isn't Nice p. 126 34 Eat Plants. Lose Weight. Feel Great. p. 128
35 Be Done with Dumb Diets p. 130 Conclusion: Bring on the Plants! p. 133

Part II The Recipes Breakfast p. 137 Sides and Appetizers p. 148

Pizzas and Flatbreads p. 159 Sandwiches p. 167 Warm Comfort Foods p. 174

Cool Comfort Foods p. 182 Tacos! Burritos! Quesadillas! p. 189

Pasta Creations p. 195 Burgers and Fries p. 202

Dressings and Dips p. 212 Hummus and Spreads p. 220 Pasta Sauces p. 226

Salads p. 232 Salsas p. 242 Soups p. 245 Desserts and Chocolates p. 253

Acknowledgments p. 267 Index p. 269 About the Author p. 280

Branches: Annette Street Brookbanks Don Mills Downsview Eatonville Fairview
Fort York Goldhawk Park Guildwood Locke McGregor Park Parkdale St. James
Town Steeles Toronto Reference Library York Woods

Call #: 613.262 ESS

^ Plant-Strong

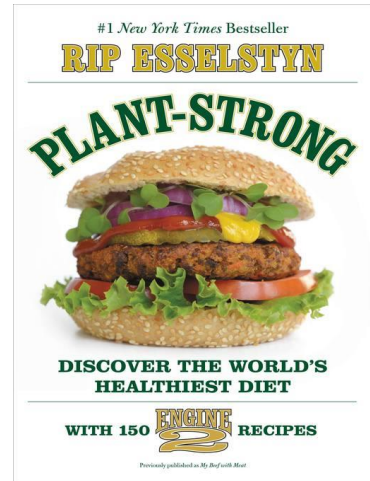
<https://toronto.overdrive.com/media/D944EF75-7A4D-4A25-BBCD-6307834E5E52>

(NOTE: It's an E-BOOK & can be downloaded @ the URL above.)

Discover the World's Healthiest Diet—with 150 Engine 2 Recipes

By: [Rip Esselstyn](#) **Copies:** 2 2 people waiting per copy

Description: In this #1 New York Times bestseller (originally published as *My Beef with Meat*), Rip Esselstyn arms readers with the 36 most powerful facts that prove, once and for all, that a plant-based diet can save your life. Do you want to: Prevent cancer, heart attacks, stroke, and Type 2 Diabetes? Eat plants! Have stronger bones than milk could ever give you? Eat plants! Avoid dangerous carcinogens and contaminants? Eat plants! Lose weight and look great? Eat plants! On top of these arguments are 150 other reasons why plants rule—as in 150 delicious, mouth-watering Engine 2 recipes, including 10 that are exclusive to this new edition. Prepare to eat well, be healthy, and live plant-strong!



Details: Publisher: [Grand Central Publishing](#) OverDrive Read

ISBN: 9781455544547 **Release date:** May 14, 2013 **EPUB eBook** **File size:** 45782 KB

Reviews: May 13, 2013



Austin firefighter Esselstyn's 2009 best-selling *The Engine 2 Diet* earned many a convert to his meat and dairy-free approach to nutrition. Here, he offers more of the same, but with additional reasons to skip the meat alongside new recipes.

Divided into two parts—a sustained, 36-point argument for a meat and dairy-free diet, then over 140 recipes to help readers do just that—Esselstyn presents a solid case, easing fears followers may have about getting enough protein, iron, calcium, and other nutrients as well as substantiating claims that a vegetable-based diet can boost performance on the playing field as well as the bedroom. Those new to the program will find many reasons to consider ditching the meat, but readers of Esselstyn's previous book will find a lot of repetition and greater elaboration on key points. Either way, readers interested in altering their diet will find the majority of the book's recipes, the truly new content in this volume, to be of use. The majority of his dishes such as chili, Thai Slaw, and Butternut Squash Lasagne are approachable, tasty, and easily sourced, making this an accessible entry point for carnivores looking to change their meaty ways.